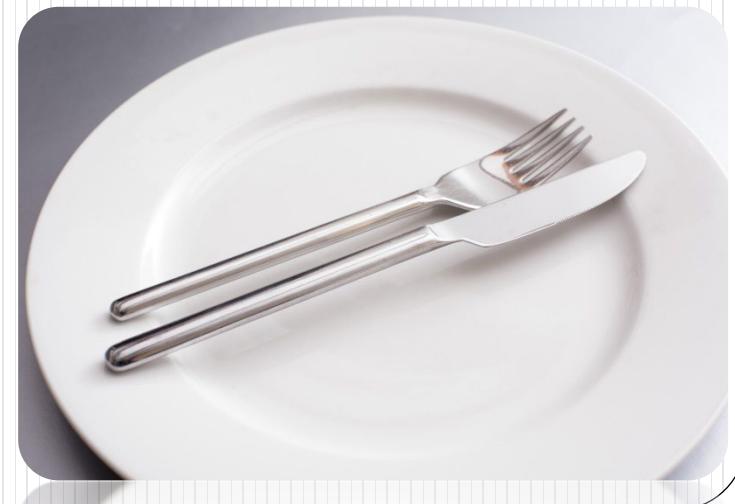


Carbs ?

Lesley Hamilton

Diabetes Specialist Dietitian + Network Manager
Western Trust



Disclosures

- NovoNordisk
 - Sanofi
 - Lilly
 - Dexcom
 - Napp Pharmaceuticals
-
- Diabetes UK Clinical Champion
 - NI Advisory Council Diabetes UK
 - PCDS Committee Member
 - DESMOND educator

Topics for discussion.....

- Promoting Carbohydrate awareness?
- Carb Counting for insulin users?
- Continual Glucose Monitoring and Carbs ?



Diet prescription.....



Outcomes:

- Glycaemic benefits – reductions in HbA1c
- Reductions in weight
- Lipid management
- Blood pressure
- Benefits to cardiovascular health
- Prevention of diabetes complications
- *Type 2 remission*
- *Delayed requirement for medication???*

Individualised Care:

- Patient choice/ preference
- Age
- Duration of diabetes
- Other health conditions
- Social determinants of health
- Risk of complications
- Current medications – insulin/ SU?



Carbohydrate Awareness.....

.....Diet Awareness

- Steering the conversation to food
- What do they know ?
- Do they want to know more?
- What have they tried ?
- Linking to results ?
- Small changes = Big Value
- Collaborative , encouraging – **Language Matters**



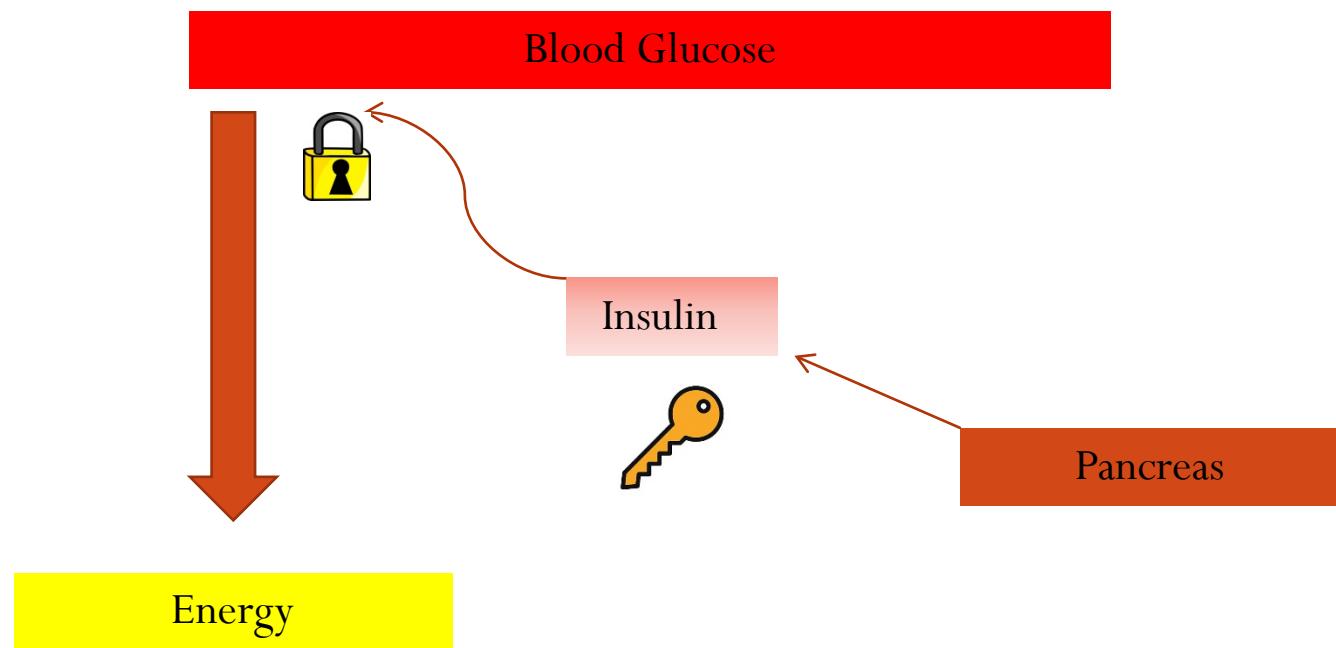
Carbohydrate awareness

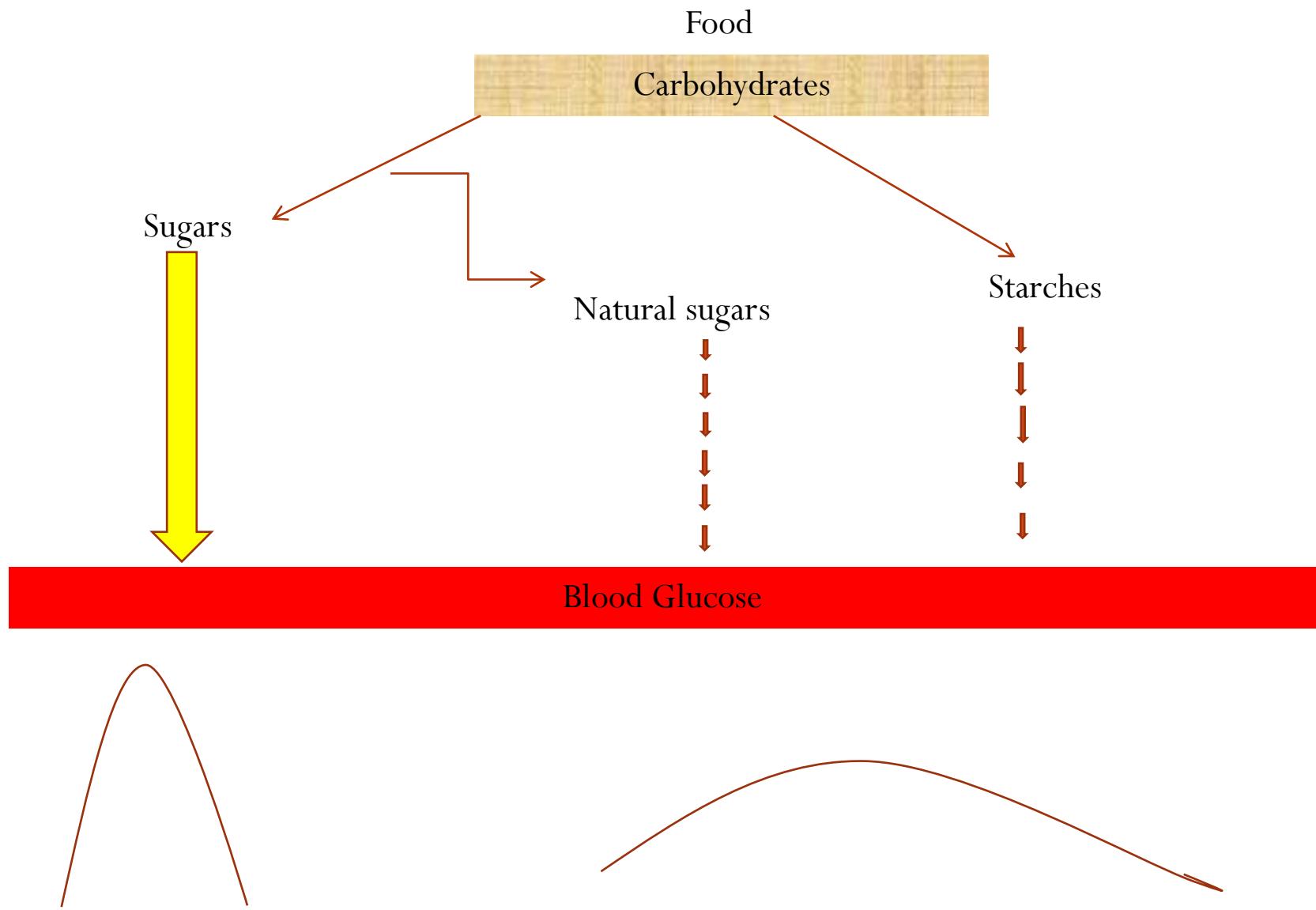


- Good carb, bad carb
- Natural sugars
- Low carb , no carb , lower carb
- Distribution
- Portions
- Types- white , brown , wholegrain, processed....
- Quality vs Quantity?

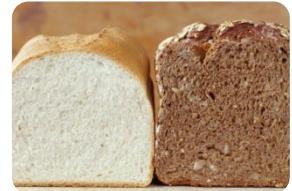
CARBS

The word "CARBS" is written in a stylized, bubbly font where each letter is represented by a different type of carbohydrate food. The 'C' is a croissant, the 'A' is a piece of bread, the 'R' is a piece of pasta, the 'B' is a pretzel, and the 'S' is a bagel.





Food.....Carbohydrates



Carbohydrate Awareness



- All carbohydrates raise Glucose levels

...expect the curves



- Look out for where they are....*plate/ glass / total meal*

- Portions , portions, portions...

...realistic , consider the starting point

- Distribution...*meal patterns ? snacks? supper?*

....similar amounts of carbohydrate at meals.....variety

- *Prevention / treatment of hypoglycaemia*



Pasta (twists)

10g CARBS 51 CALS



Weight: 30g

30g CARBS 149 CALS



Weight: 88g

50g CARBS 245 CALS



Weight: 145g

70g CARBS 343 CALS



Weight: 203g

90g CARBS 439 CALS



Weight: 260g

110g CARBS 537 CALS



Weight: 318g

Apple Danish

39g Carbs
308 Cals
87g
6g Prot
14g Fat
6g SatFat
3g Fibre

Chocolate Chip Twist

32g Carbs
340 Cals
85g
4g Prot
22g Fat
8g SatFat
2g Fibre

Cinnamon Swirl

36g Carbs
357 Cals
79g
4g Prot
22g Fat
9g SatFat
2g Fibre

Fruit Trellis

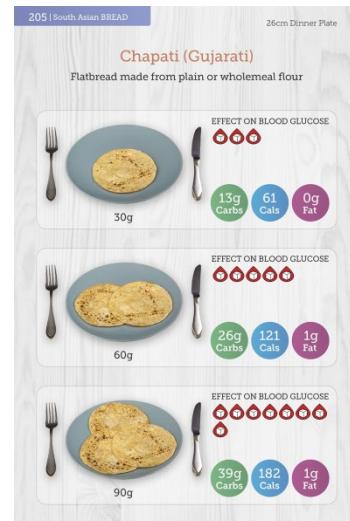
27g Carbs
238 Cals
58g
3g Prot
13g Fat
6g SatFat
1g Fibre

Pain au Raisin

37g Carbs
318 Cals
95g
6g Prot
16g Fat
11g SatFat
2g Fibre

Pecan Plait

36g Carbs
340 Cals
81g
5g Prot
19g Fat
7g SatFat
1g Fibre



Carbohydrate Counting ...



- Is not always easy
- Individual approaches
- Insulin users – T2 : OD / BD / basal bolus
 - T1 : BD/ basal bolus / insulin pump
- Confidence about insulin dosing?



Carbohydrate Counting ...



Insulin Dose adjustments?

- Ratios 1 unit : 10g CHO ?
- Correction doses 1 unit : 3 mmol ?
- Individual ratios ... *your diabetes may vary*
- Different ratios at different times of the day





Don't forget about....

- Exercise
- Sickness
- Stress
- Work
- Insulin on board
- Injection sites
- Timing of injection
- Choice of insulin delivery (CSII)

How a person with diabetes calculates an insulin dose:

If you have 4 pencils and I have 7 apples, how many pancakes will fit on the roof?

Purple, because aliens don't wear hats.

it's as simple as that.

Glucose Monitoring.....

.....Continual Glucose Monitoring....

- Information
- Arrows
- Alarms
- Continual Glucose
- Interpreting graphs
- Time in range
- Food effect
- Activity effect

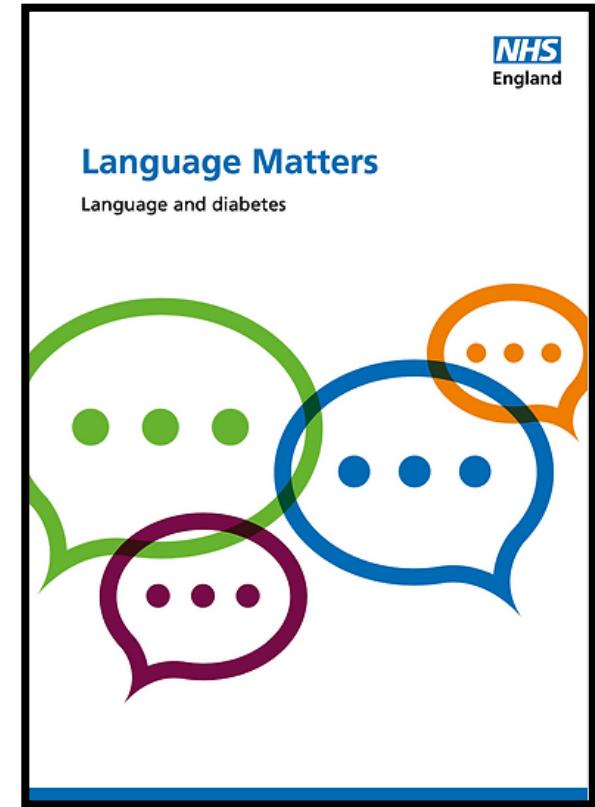
- *information overload?*
- *prevention of hypos / over corrections*
- *alarm fatigue*
- *continual reminder*
- *so much info!*
- *not perfection*
- *glucose curves / spikes*
- *lowering / raising glucose*



It's a whole new world.....

Food choices.....Carbs

- Knowledge
- Education
- Portions
- Insulin adjustment
(basal bolus)



Resources

- <https://www.freestyle.abbott/uk-en/support/tutorialsanddownloads.html>
- <https://www.dexcom.com/en-gb/learn>
- PCDS *How to initiate and support continuous glucose monitoring*



dexcom one

